

Dear Neighbor,

Spokane residents are active, informed community members. Your commitment to suggesting ideas, asking questions and seeking answers contributes to good government. I'm impressed at the frequency with which people contact my office and I'm a better legislator for it.

To help you access community information easily, we have once again updated this Spokane-area Guide to Government. Inside is a directory of contact names, phone numbers and e-mail addresses for offices at the federal, state and local levels. I think you'll find it useful. We've also included commonly used community services and tried to organize them in a way that makes the guide as easy to use as possible.

While this directory is quite comprehensive, we couldn't possibly include every government office. My apologies to any group or official we may have left off because of space considerations.



Senator **Lisa Brown**

After Democrats won back the majority in the Senate this fall, my colleagues chose me to be the Senate Majority Leader. While we are more than halfway done with session, we still face plenty of serious issues, including how to plug a \$1.5 billion hole in the budget.

There is a detachable postcard on the back panel of this directory for you to use to send me any questions, comments or concerns you have. Please be sure to include a way for me to get back in touch with you if you want a response.

I look forward to hearing from you. My number in Olympia during the legislative session is **(360) 786-7604**. You can also use the toll-free Legislative Hot Line to reach me at **(800) 562-6000**. Stay informed, and stay involved. We're all the better for it.

Sincerely,

Lisa Brown

3rd Legislative District, Spokane

Battrown

P.S. Please note that my district office is open in Spokane during each interim. You can reach me or my local assistant, Neil Beaver, there when the Legislature is not in session.

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How you can reach me

Olympia Office:

307 Legislative Building PO Box 40403 Olympia, WA 98504-0403 **Phone:** (360) 786-7604

Fax: (360) 786-1999

E-mail: brown_li@leg.wa.gov

Toll-Free Legislative Hotline: 1-800-562-6000

District Office:

35 W. Main, Ste 375 Spokane WA 99201 (509) 456-2760

Web site:

www.sdc.wa.gov/brown.htm

Voter Registration

To register to vote, you must be:

- A citizen of the United States
- A legal resident of Washington state
- At least 18 years old by Election Day

You may register to vote at any time, but you must be registered at least 30 days in advance of an election if you wish to vote at a polling place on election day. You may also register between 30 and 15 days before an election, but you must do so at a location designated by the county elections officer, and you will be required to vote by absentee ballot

How to register: Mail-in registration forms are available from your county auditor or county elections department as well as many public libraries, schools and other government offices. "Motor Voter" registration is offered when you renew or apply for your driver's license.

Absentee ballots: You may request an absentee ballot as early as 45 days before an election. (No absentee ballots are issued on election day except to hospitalized voters). Absentee ballots may be requested either by phone or by mail from the county elections officer. You may also apply in writing to automatically receive an absentee ballot before each election.

NOTE: Absentee ballots must be signed and postmarked or delivered to the county election officer on or before election day.

Access Washington

http://access.wa.gov

Access Washington, a new online customer service for Washington's citizens, is the virtual business center for interactive government services. Designed as a World Wide Web portal to Washington State, Access Washington provides a coordinated view of government information and services.

Did you know...

That you could renew your automobile/boat license tabs and online?

http://fortress.wa.gov/dol/tabs

That you can replace a lost or stolen Washington State drivers license, instruction permit or identification card without going into a driver licensing office?

http://fortress.wa.gov/dol/ddl/

That you can find lots of fun and interesting information as well as homework help for kids?

http://access.wa.gov/kids/

That you can access information for teen workers?

www.lni.wa.gov/scs/workstandards/teenworker.htm

That you can order your birth certificate online?

http://doh.wa.gov/ehsphl/chs/cert.htm

That you can apply for Unemployment Insurance Benefits online?

http://wa.gov/esd/ui/icapp/start.htm

TVW

What is TVW?

TVW is a non-profit, state-level public affairs network for Washington State, comparable to C-SPAN. This includes active legislative floor debate, committee hearings and other meetings.

Where can I watch TVW in Spokane?

TVW is shown during extensive hours daily on Channel 5 and can be reached at (509) 625-6355.

How can I access TVW via computer?

Citizens of Washington have the opportunity to listen in on all legislative deliberations LIVE on the Internet. They can also watch actual video footage of the events TVW has televised.

Is there helpful information for children?

TVW's Education Corner is devoted to help meet the needs of classroom teachers in Washington, primarily in the areas of social studies and history.

For more information:

Visit TVW online at: www.tvw.org

TVW PO Box 25 Olympia, WA 98507-0025 (360) 586-5555

Frequently Asked Questions

Where can I find information on my rights as a worker, including information on wages, hours and working conditions?

Contact the nearest Labor and Industries Service Center or call the Office of Employment Standards at (360) 902-5316.

Where can I find information on social and health services for the elderly or for functionally disabled adults?

Aging and Adult Services at the state Department of Social and Health Services provides social and health services to assist the elderly and functionally disabled adults. For information, contact the nearest Community Service Office or call Aging and Adult Services toll-free at 1-800-422-3263 (voice), or 1-800-737-7931 (TTY).

Where can I find information on getting public services assistance, including food assistance, medical assistance or emergency needs?

Community Service Office Spokane County Southwest Spokane CSO 1313 N. Maple St., Spokane, WA 99201-1935, (509) 458-2191; (509) 456-3049 (TTY); 1-800-962-5762; FAX (509) 456-3093.

Where can I find information on social and health services for children, infants and youth?

Children's Administration at the state Department of Social and Health Services provides a range of services for children, infants, and youth. For information, contact the nearest Community Service Office or call Children's Services toll-free at 1-800-723-4831.



Riverfront Park in Spokane

Consumer Tips and Assistance

Protecting your personal privacy

Receiving junk mail and telephone solicitations can be extremely annoying, but there is a way to reduce the volume of unwanted material and calls.

To remove your name from most mailing lists write to:

Junk Mail Mail Preference Service Direct Marketing Association PO Box 643 Carmel, NY 10512

To remove your name from telephone solicitation lists, write to:

Telemarketing
Telephone Preference Service
Direct Marketing Association
PO Box 1559
Carmel, NY 10512
There is no charge for this service.

Dealing with internet "spam" or junk e-mail

Unsolicited e-mail, sometimes referred to as "spam", is electronic mail which is unsolicited and sent for the purpose of selling the recipient goods, services or properties. You can access more information on this topic by visiting: http://www.dmaconsumers.org/consumers/optoutform_emps.shtml

Truth in phone bills

If you believe you are a victim of deceptive telephone advertising, you can call the Washington Utilities & Transportation Commission Customer Hotline at (800) 562-6150 or the Attorney General's Consumer Protection Hotline at (800) 551-4636.

Low-Income and Emergency Energy Assistance

During this time of rising energy rates and limited supply, many people are going to be faced with higher energy bills. But there is some help available.

If you are having a problem paying your bill, contact the utility first. Many times, the utility can make payment arrangements and help the customer find other sources of bill assistance.

Or you can contact the Spokane Neighborhood Action Programs about the availability of LIHEAP (Low Income Heating Assistance Program) funds at (509) 456-7111.

Since almost all natural gas is provided by regulated companies, gas customers who have problems working out a solution with their utility can use the consumer mediation services of the Utilities and Transportation Commission at 1-800-562-6150.

Where to go for more consumer information

The state Attorney General's Office has a wealth of consumer protection information relating to communications, credit and debt, retail services, travel tours and many other categories on its website. The address is: http://www.atg.wa.gov/consumerintro/shtml or call the Attorney General's consumer protection hotline at 1-800-551-4636. Similar consumer information related to insurance is available on the state Insurance Commissioner's website at www.insurance.wa.gov or by calling 1-800-562-6900.

National Officials

Executive

President George W. Bush (term expires 2009) e-mail: president@whitehouse.gov Web site: http://www.whitehouse.gov/ The White House	
1600 Pennsylvania Avenue Washington, D.C. 20500	202) 456-1414
Vice President Dick Cheney (term expires 2009)	
e-mail: vice-president@whitehouse.gov Web site: http://www.whitehouse.gov/vicepresident/	
The White House	
1600 Pennsylvania Avenue	
Washington, D.C. 20500(202) 456-1414
United States Congress	
Congressional Switchboard	202) 224-3121
United States Senators www.senate.gov	
Maria Cantwell, U.S. Senator (D) Seattle (term expires January 2007) e-mail: Maria_cantwell@cantwell.senate.gov Web: www.cantwell.senate.gov/ 717 Hart Senate Office Building	
Washington, D.C. 20510	
Fax:(202) 228-0514
Thomas S. Foley Courthouse	
W. 920 Riverside, Suite 697 Spokane, 99201 (
Patty Murray, U.S. Senator (D) Seattle (term expires January 2011)	
e-mail: senator_murray@murray.senate.gov	
Web: http://murray.senate.gov	
173 Russell Senate Office Building	202) 224 2624
Washington, D.C. 20510	
	202) 224-0230
601 W. Main Ave., Suite 1213 Spokane 99201	500) 624-0515
Fax:	

National Officials (continued)

United States House of Representatives

www.house.gov

Cathy McMorris (Term expires January 2007) 5th District U.S. Representative (R) Spokane 1708 Longworth House Office Building Washington, DC 20515 (202) 225-2006 Fax: (202) 225-3392 web: http://www.mcmorris.house.gov/ 10 North Post, 6th Floor Spokane, WA 99210 (509) 353-2374 Fax: (509) 353-2412
Washington State Officials
http://access.wa.gov
State Information1 800-321-2808Voter Information Hotline1 800-448-4881Washington state home pageaccess.wa.gov
Governor Christine Gregoire
200 Legislative Building PO Box 40002
Olympia, WA 98504-0002(360) 902-4111
TTY(360) 753-6466
Web site: www.governor.wa.gov
Lieutenant Governor Brad Owen 220 Legislative Building
PO Box 40400
Olympia, WA 98504-0400(360) 786-7700
Web site: www.ltgov.wa.gov
e-mail: owen_br@leg.wa.gov
Secretary of State Sam Reed 250 Legislative Building
PO Box 40220
Olympia, WA 98504-0220(360) 902-4151
TTY: 1 800 422 8683
Web site: www.secstate.wa.gov
Treasurer Mike Murphy 230 Legislative Building
PO Box 40200
Olympia, WA 98504-0200(360) 902-9000
TTY(360) 902-8963 e-mail: michaelj@tre.wa.gov
Web site: www.tre.wa.gov

Washington State Officials (continued)

Web site: www.dnr.wa.gov

Auditor Brian Sonntag Sunset Building PO Box 40021 Olympia, WA 98504-0021(360) 902 0370 e-mail: sonntagb@sao.wa.gov Web site: www.sao.wa.gov
Attorney General Rob McKenna
Highway/Licenses Building PO Box 40100 Olympia, WA 98504-0100
Web site: www.atg.wa.gov
Superintendent of Public Instruction Terry Bergeson Old Capitol Building PO Box 47200
Olympia, WA 98504-7200
Web site: www.k12.wa.us
e-mail: bergeson@ospi.wednet.edu
Insurance Commissioner Mike Kreidler 5000 Capitol Boulevard PO Box 40255
Olympia, WA 98504-0255
Web site: www.insurance.wa.gov/
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Commissioner of Public Lands Doug Sutherland Natural Resources Building PO Box 47001
Olympia, WA 98504-7001(360) 902-1004
e-mail: information @wadnr.gov



Washington State Legislature

www.leg.wa.gov

During the legislative session, all legislators may be reached by writing to them in care of Legislative Building, (Senate) PO Box 40482, (House) PO Box 40600, Olympia, WA, 98504. By calling the toll-free number, 1-800-562-6000, citizens may obtain information on the status of bills and leave messages for their legislators.

How to be a Page at the Legislature

Every year, hundreds of students throughout Washington have an opportunity to take part in the legislative process and observe the Legislature and other branches of state government in action. Pages must be at least 14 years of age, have a C+ or better GPA and have a Senate sponsor. Students page for one week and receive a pay check of \$35 per day. Housing arrangements and transportation are the responsibility of the parents and the pages (a list of private housing is available). For more information, contact the Secretary of the Senate at (360) 786-7550 or write to P.O. Box 40482, Olympia, WA 98504-0482 for an application.

How to testify on a bill

Every citizen has the right to testify, orally or in writing, on bills or constitutional amendments being heard by the Washington State Legislature. If there is a particular bill you are interested in and wish to testify for or against it, find out which committee is scheduled to hear the bill (call 1-800-562-6000). You may then testify in person or in writing. Most hearings are held in Olympia, WA.

3rd Legislative District

31d Legislative District
Lisa Brown 307 Legislative Building PO Box 40403 Olympia, WA 98504-0403 (360) 786-7604 Fax (360) 786-1999
District Office: 35 West Main Street, Suite 375 Spokane, WA 99201
Alex Wood 437B Legislative Building PO Box 40600 Olympia, WA 98504-0600
Timm Ormsby 110 Modular Building 1
PO Box 40600 Olympia, WA 98504-0600(360) 786-7946

http://www1.leg.wa.gov/house/ormsby

Spokane County

Spokalie County	
www.spokanecounty.org	
Spokane County Commissioners Office 1116 W. Broadway Spokane, WA 99260 District #1 – Todd Mielke	. tmielke@spokanecounty.org
District #2 – Mark Richard	
Assessor's Office	(509) 477-3698
Auditor's Office County Clerk. Election & Voter Registration Prosecuting Attorney's Office. Public Defender's Office. Treasurer Sheriff	
City of Spokane	
www.spokanecity.org	
Mayor James E. West 808 W. Spokane Falls Blvd. Spokane, WA 99201 jwest@spokanecity.org City Council	(509) 625-6250

Cherie Rodgerscrodgers@spokanecity.orgJoe Shogunjshogan@spokanecity.orgBrad Starkbstark@spokanecity.orgAl Frenchafrench@spokanecity.orgBob Applebapple@spokanecity.orgMary Vernermverner@spokanecity.org

Members:

Community Services

Children and Family Services	
Adoption Support Specialists	(509) 363-3379
Catholic Charities	(509) 358-7300
Childcare Referral Service	(509) 484-0048
Child Find	1-800-426-5678
Child Support/Enforcement	
Children's Alliance	(509) 747-7205
Child Protective Services (DSHS)	
Children's Home Society of Washington	(509) 747-4174
Crisis Pregnancy Center	(509) 327-0701
Displaced Homemaker Programs	(509) 533-3752
Domestic Violence Hotline	
Family & Children's Ombudsman	1-800-571-7321
Lutheran Social Services of Washington	
Missing Children Clearinghouse	1-800-543-5678
Ogden Hall Shelter For Women & Children	(509) 327-7737
Runaway (Youth Crisis) Hotline	1-800-448-4663
Spokane Neighborhood Action Programs	(509) 456-7111
Vanessa Behan Crisis Nursery	(509) 535-3155
YWCA 24-Hour Domestic Violence Hotline	(509) 326-2255
Welfare Fraud Hotline	1-800-562-6906
WIC (Women/Infant/Child) Services	1-800-322-2588
Community Centers	(500) 605 6600
East Central – 500 S. Stone	
East Central – 500 S. Stone	(509) 487-1603
East Central – 500 S. Stone	(509) 487-1603 (509) 624-8634
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt	(509) 487-1603 (509) 624-8634 (509) 326-9540
East Central – 500 S. Stone	(509) 487-1603 (509) 624-8634 (509) 326-9540
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland.	(509) 487-1603 (509) 624-8634 (509) 326-9540
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections.	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 928-0423
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 928-0423 (509) 326-6355
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program.	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 928-0423 (509) 326-6355 (509) 747-0749
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 928-0423 (509) 326-6355 (509) 747-0749 (509) 323-7517
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities.	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 747-0749 (509) 323-7517 (509) 329-2900
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities. Disability Insurance Benefits.	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 747-0749 (509) 323-7517 (509) 329-2900 1-800-562-6074
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities. Disability Insurance Benefits. Brain Injury Association	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 747-0749 (509) 323-7517 (509) 329-2900 1-800-562-6074 (509) 473-6153
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities. Disability Insurance Benefits.	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 747-0749 (509) 323-7517 (509) 329-2900 1-800-562-6074 (509) 473-6153
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities. Disability Insurance Benefits. Brain Injury Association	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 323-7517 (509) 329-2900 1-800-562-6074 (509) 473-6153 (509) 326-9540
East Central – 500 S. Stone Northeast – 4001 N. Cook Peaceful Valley – 1308 W. Main West Central – 1602 N. Belt Corbin – 827 W. Cleveland. Disability Resources The Arc Brain Injury Association of Washington Career Connections Coalition of Responsible Disabled Client Assistance Program. Community Access Program Division of Developmental Disabilities Disability Insurance Benefits. Brain Injury Association Learning Skills Center	(509) 487-1603 (509) 624-8634 (509) 326-9540 (509) 327-1584 (509) 328-6326 (509) 473-6153 (509) 326-6355 (509) 326-6355 (509) 323-7517 (509) 329-2900 1-800-562-6074 (509) 473-6153 (509) 326-9540 (509) 326-9540 (509) 928-1588

Food and Clothing Resources		
Infant Crisis Needs		
Our Sister's Closet		
Brown Bag Program	.(509)	534-6678
The City Gate	.(509)	455-9670
Farmers Market		
Meals on Wheels	.(509)	456-6597
Project Hand Up	.(509)	534-6678
Second Harvest Food Bank		
Spokane Food Bank		
Spokane Community Gardens		
Summer Food Program	.(509)	354-7237
Women's and Children's Free Restaurant	(509)	324-1995
	.(552)	02
Housing Resources		
Alexandria's House	(509)	489-0349
Cub House		
Habitat for Humanity		
Low Interest Home Loans		
Myriam's House of Transition		
Mortgage Assistance Program	.(509)	456-7106
Northwest Fair Housing Alliance	(509)	325-2665
SNAP Housing Opportunities	.(509)	456-7111
Spokane Housing Authority		
Union Gospel Shelter for Men		
Immigrant and Refugee Resources		
Barton School	(509)	747-1058
Catholic Charities Refugee & Immigration Services	(509)	455-6190
Country Homes ESL School.		
English as a Second Language		
Pilgrim Slavic Baptist Church Counseling and ESL		
Refugee Assistance		
Refugee Screening Program		
Spokane Hmong Association	.(509)	408-0298
Vietnamese Buddhist Community		
World Relief	.(509)	484-9829
Legal Services		
Center for Justice	.(509)	835-5211
Columbia Legal Services		
Family Court Facilitator Project		
Family Law Advice and Consultation Clinic		
Fulcrum Institute Dispute Resolution Center		
Gonzaga University Law Clinic		
Contaga Chireforty Ediv Chillettinininininininininininininininininini	.(307)	323 37 31

Community Services: Legal Services (cont.)	
Inland Mediation Center	
Legal Services Center	
Mediation Center of Spokane	.(509) 324-9052
Northwest Justice Project	.(509) 324-9128
Public Safety Agencies	044
Emergencies	911
Spokane Police Department (non-emergency)	
Spokane County Sheriff	.(509) 477-4739
Spokane Crime Reporting Center	
Fire Department Offices - Information	.(509) 625-7000
Senior Services	
AARP Senior Employment Program	.(509) 325-7712
Aging and Adult Services	1-800-422-3263
Aging and Long-Term Care of Eastern Washington	.(509) 458-2509
ALTCEW Home Health Aide	.(509) 473-4900
Alzheimer's Association	.(509) 483-8456
Dental Care Access Program for the Elderly	
Dominicare In-Home Support Services	
Elderly Services Information & Assistance	
Family Home Care	.(509) 473-4900
Friend to Friend Volunteers	.(509) 483-1600
Fundamentals of Caregivers Training	
Healthy Seniors/Wellness Screening Clinic	
Holy Family Adult Day Health	.(509) 482-2475
Home and Community Services	.(509) 323-9400
Long-Term Care Ombudsman Program	
Long-Term Care Ombudsman, Toll-Free	
Nursing Home Complaints	
Nursing Home Information	
Retired and Senior Volunteer Program (RSVP)	
Meals on Wheels (Valley)	
Meals on Wheels (Downtown)	(509) 456-6597
Senior Energy Outreach Program	
Senior Nutrition Program	
Senior Services, Catholic Charities	
Senior Times Newspaper	
Spokane Valley Foundation	
Telephone Reassurance and Friendly Visiting	
Title V Senior Community Service Employment	
Thic v School Community Service Employment	.(307) 323 //12

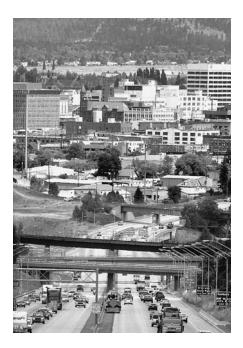
Community Services: (cont.)

Senior Citizens Centers

Corbin Senior Activity Center - 827 W. Cleveland	
East Central Senior Center - 500 S. Stone	
Hillyard Senior Center - 4001 N. Cook	
Project Joy	
Sinto Senior Center - 1124 W. Sinto	(509) 327-2861
Southside Senior Activity Ctr - 2727 S. Mt. Vernon	(509) 535-0803
Mid-City Senior Center – 1222 W. 2nd	(509) 747-3257

Youth and Teen Resources

Adolescent Support Group	(509) 533-5470
Boys and Girls Club of Spokane	
Chase Youth Commission	(509) 625-6078
Crisis Residential Center	(509) 624-2868
Crosswalk	(509) 838-6596
Libby Teen Center	(509) 536-8152
Spokane Service Team	(509) 456-7660
Spokane Youth Job Program	(509) 354-6453
Teen-Aid, Inc	(509) 482-2868
YMCA Teen Programs	(509) 838-3577



Fun Fact Did you know that Spokane is the second largest city in the state with a population of 199,100?

Aproaching Spokane from the west on I-90

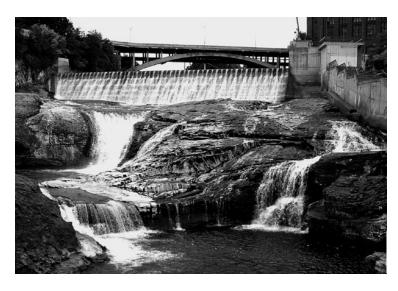
Educational Resources

Spokane Public Libraries Downtown Branch - 906 W. Main East Side Branch - 524 S. Stone Hillyard Branch - 4005 N. Cook Shadle Branch - 211 W. Wellesley South Hill Branch - 3324 S. Perry Indian Trail – 4909 W. Barnes. Information for County Libraries.	(509) 444-5375 (509) 444-5380 (509) 444-5390 (509) 444-5385 (509) 444-5395
Spokane Public Schools	
http://www.sd81.k12.wa.us/	(500) 254 5000
Spokane School District #81	(509) 334-3900
East Valley School District #361	
Mead School District #354	
Nine Mile Falls School District #325/179	
Washington State Higher Education Institutions	
http://www.hecb.wa.gov/links/colleges/collegesindex.asp	
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University	
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University	(360) 867-6000
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University	(360) 867-6000(509) 963-1111
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University	(360) 867-6000 (509) 963-1111 (509) 328-4220
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning.	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College Central Washington University Gonzaga University Institute for Extended Learning Spokane Community College Spokane Falls Community College	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning. Spokane Community College Spokane Falls Community College. Spokane Intercollegiate Research & Technology	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500 (509) 358-2000
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning. Spokane Community College Spokane Falls Community College. Spokane Intercollegiate Research & Technology University of Washington.	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500 (509) 358-2000 (206) 543-2100
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning. Spokane Community College Spokane Falls Community College. Spokane Intercollegiate Research & Technology University of Washington. Washington State University at Spokane.	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500 (509) 358-2000 (206) 543-2100 (509) 358-7500
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning. Spokane Community College Spokane Falls Community College. Spokane Intercollegiate Research & Technology University of Washington. Washington State University at Spokane. Western Washington University	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500 (509) 358-2000 (206) 543-2100 (509) 358-7500 (360) 650-3000
http://www.hecb.wa.gov/links/colleges/collegesindex.asp Eastern Washington University The Evergreen State College. Central Washington University Gonzaga University Institute for Extended Learning. Spokane Community College Spokane Falls Community College. Spokane Intercollegiate Research & Technology University of Washington. Washington State University at Spokane.	(360) 867-6000 (509) 963-1111 (509) 328-4220 (509) 533-3761 (509) 533-7000 (509) 533-3500 (509) 358-2000 (206) 543-2100 (509) 358-7500 (360) 650-3000 (509) 527-5111

Health Services				
AIDS Hotline	.(509) 324-1542			
AIDS/HIV Information Hotline				
Alcohol and Drug Help	1-800-562-1240			
American Cancer Society	1-800-227-2345			
American Diabetes Association	.(509) 624-7478			
American Heart Association	.(509) 536-1500			
American Lung Association	1-800-732-9339			
Basic Health Plan of Washington State				
Blue Cross				
Cancer Information	1-800-422-6237			
Deaconess Medical Center Chemical Dependency				
Division of Developmental Disabilities				
Health Consumer Assistance	1-800-525-0127			
Holy Family Hospital Cancer Care Line	.(509) 482-2254			
Horizon Hospice	.(509) 489-4581			
Hospice of Spokane	.(509) 456-0438			
Hospital/Home Health Care Complaint Hotline	1-800-633-6828			
Medicaid Information				
Inland Northwest Blood Center	.(509) 624-0151			
Inland Empire Task Force on Eating Disorders				
Polio Outreach of Spokane	.(509) 448-8517			
Spokane County Health District Clinical Services	.(509) 324-1500			
Spokane Mental Health	.(509) 838-4651			
Spokane Sexual Assault Center	.(509) 624-7273			
Visiting Nurse Association	.(509) 534-4300			
Major Hospitals				
Deaconess				
Holy Family				
Sacred Heart				
Shriners Children's Hospital				
Valley Hospital & Medical Center				
Veterans Administration Medical Center	(509) 434-2000			
Health Clinics				
Christ Clinic	.(509) 325-0393			
Downtown CHAS Medical Clinic	.(509) 835-1205			
DSHS North CSO Clinic				
Inland Northwest Genetics Clinic				
Greenacres Health Care Center				
Northeast CHAS Medical Clinic				
People's Clinic				
Project Access				
Riverside Medical Clinic				
Spokane Falls Family Clinic				
Spokane rails Family Cillic	.(202) 220-4343			

Neighborhood Services Community Oriented Policing Services (COPS)

Neighborhood Substations	
Top Cops 1201 West First, 99201-4101	(509) 625-3350
COPS Logan	(509) 625.3334
COPS Neva-Wood	(509) 625.3353
COPS North Central	(509) 625-3348
COPS Northeast	(509) 625-3343
COPS Southwest	(509) 625-3328
COPS West	(509) 625-3340
SCOPE Fairwood	(509) 477-6377
Spokane County S.C.O.P.E. coordinator	(509) 477-4717



Spokane Falls

Other Services	
Better Business Bureau of the Inland Northwest	(500) 455 4300
Chamber of Commerce	
Department of Labor and Industries	
Department of Labor and Industries	
·	
Driver's License Office - East Spokane	
Driver's License Office - North Spokane	
Horse Racing Commission	
•	
Human Rights Commission	
Refugee Resettlement Programs	
Spokane County Air Pollution Control Authority	
Spokane County Head Start/ECEAP	
Spokane Humane Society	
Vehicle Emissions Testing	
Vehicle License Renewal	
washington state Patroi - Pass information	1-000-700-4030
T-II F N I	
Toll-Free Numbers	
Address Confidentiality Program	
Address Confidentiality Program	1-800-843-5678
Address Confidentiality Program	1-800-843-5678
Address Confidentiality Program	1-800-843-5678 1-800-551-4636 1-800-237-1233
Address Confidentiality Program	1-800-843-5678 1-800-551-4636 1-800-237-1233
Address Confidentiality Program	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I)	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours)	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-272-3780
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology)	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-272-3780 1-800-843-3779
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology) Ferry Information	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-272-3780 1-800-843-3779 1-800-562-6010
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology) Ferry Information Fire Reports (DNR)	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-272-3780 1-800-843-3779 1-800-562-6010 1-800-477-6224
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology) Ferry Information Fire Reports (DNR) Game Poaching	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-272-3780 1-800-843-3779 1-800-562-6010 1-800-633-7585
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology) Ferry Information Fire Reports (DNR) Game Poaching Hazardous Substances (Ecology)	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-843-3779 1-800-562-6010 1-800-477-6224 1-800-633-7585 1-800-258-5990
Address Confidentiality Program Amber Alert for Missing Children Attorney General (Consumer Protection) Business Assistance Hotline Charitable Solicitation Information Client Relations Hotline (L&I) Consumer Check on Contractors Emergency Services (24 hours) Emission Control (Ecology) Ferry Information Fire Reports (DNR) Game Poaching Hazardous Substances (Ecology) Hazardous Waste Spills Hotline	1-800-843-5678 1-800-551-4636 1-800-237-1233 1-800-332-4483 1-800-547-8367 1-800-647-0982 1-800-258-5990 1-800-843-3779 1-800-562-6010 1-800-477-6224 1-800-633-7585 1-800-258-5990 1-800-547-8367

Toll Free Numbers (cont.)

Legislative Hotline	1-800-562-6000
Telecommunications Device for the Deaf (TTY)	1-800-635-9993
Lottery	
Agent Only	1-800-732-5101
Recording Winning Numbers	1-800-545-7510
Natural Resources, Department of	1-800-527-3305
Poison Information Center	1-800-732-6985
Provider Billing (DSHS)	1-800-562-6188
Recycling Hotline (Ecology)	1-800-732-9253
Refugee Assistance	1-800-541-8988
Revenue, Department of	1-800-647-7706
Social Security	1-800-772-1213
Support Enforcement	1-800-729-7580
Third Party Liability (DSHS)	1-800-562-6188
Tourist Information Hotline	1-800-544-1800
Toxic Chemical and Oil Spills	1-800-258-5990
Underground Storage Tanks	1-800-826-7716
Utilities & Transportation Commission (UTC)	1-800-562-6150
Veterans Affairs	1-800-562-2308
Voter Information	1-800-448-4881
Washington State Patrol Report Drunk Drivers	1-800-283-7865
Water Works Certification Program	1-800-525-2536
Woodcutting, Slash Fire Permits	1-800-527-3305
Wood Smoke Information (Ecology)	
Workers' Compensation Claims	1-800-547-8367

Fun Fact

Father's Day was founded in Spokane in 1910 by Sonora Smart Dodd. In 1916 President Woodrow Wilson proclaimed Father's Day as a national day of observance.

District 3: Neighborhood Boundaries Map Rutter North Indian Trail **Five Mile** Prairie Lincoln Nevada Balboa Lidgerwood Hillyard outh Indian Trail Francis Whitman North Wellesley Hill **Bemiss** Emerson Garfield Chief Garry Park Logan West Centra Peaceful Valley Riversi East Central Brownes Addition Cliff West Hills 12th =14th Cannon Lincoln Manito Rockwood Cannon Hill Heights 37h Comstock Moran Thorpe Prairie Westwood

NEIGHBORHOOD COUNCILS

NEIGHBORHOOD COUNCILS			
BALBOA / SOUTH	INDIAN TRAIL		
Chairperson	Contact Person	Meeting Information	
Sid Bankey, Chair	Sid Bankey	Meets Quarterly at 7 p.m. Contact Sid Bankey for dates Balboa Elementary: 3010 W. Holyoke	
BEMISS			
Donna Fagan, Chair	Donna Fagan 1523 E. Dalton Spokane WA 99207 483-9377	Second Thursday of every month at 7 p.m. Northeast Community Center (4001 N. Cook)	
BROWNE'S ADDIT	ION		
Janet Anderson, Chair Jim Red, Jr., Vice-Chair	Janet Anderson	First Wednesday of month at 7 p.m. Museum of Arts and Culture (M.A.C.) 2316 West 1st Ave - Gilkey Community Room	
CHIEF GARRY PAR	K		
Kathy Scacco, Chair Sherril Pierson, Vice-Chair	Kathy Scacco 2019 E. Nora Spokane, WA 99207 535-0004	Third Thursday of the month at 7 p.m. Stevens School Library: 1717 E. Sinto For more information call: 535-0004	
CLIFF / CANNON			
Sally Robinette	Sally Robinette 1730 W. 12th Ave Spokane, WA 99204 747-4852	Second Thursday of the month at 7 p.m. (September - June) Roosevelt Elementary School 333 W.14th Ave. For More Information Call: 747-4852	
COMSTOCK			
Rick Shulman, Chair	Rick Shulman 511 W. 33rd Spokane, WA 99203 747-6873	2nd Wed. of the month at 7:00 p.m. Sacajawea Middle School 401 E. 33rd	
EAST CENTRAL			
Jerry Numbers, Chair Mel Silva, Vice-Chair	Jerry Numbers 611 S. Arthur Spokane, WA 99202 For information please call: 953-4503 Mel Silva 1014 S. Perry Spokane, WA 99202 534-7502	Third Tuesday of the month at 6:45 p.m. (September - June) East Central Community Center 5th and Stone	

EMERSON / GARFIE	ELD	
Chairperson	Contact Person	Meeting Information
Sue Patterson, Chair Dave Shaw, Co-Chair 327-1127	Sue Patterson 1018 W. Dalton Spokane, WA 99205 326-0207	Second Wednesday of the month at 7 p.m. Corbin Senior Center 827 W. Cleveland For more information call: 326-0207
FIVE MILE PRAIRIE		
Kathy Miotke, Chair	Kathy Miotke 3309 W. Lincoln Rd. Spokane, WA 99208 467-2760	First Thursday of the month ending the quarter at 6:30 pm. Five Mile Grange at Intersection of Strong and Five Mile Roads
LATAH / HANGMAN	VALLEY	
Patrick Davidson, Chair	Patrick Davidson 1526 S. Chestnut Spokane, WA 99224 Sondra Barrington 1806 W. 26th Ave. Spokane, WA 838-7618 or 251-5211	Fourth Thursday of the month at 7 p.m. Tidyman's Hwy 195 and Cheney Spokane Road Spokane, WA 99224 For more information call: 455-9787
HILLYARD		
Dave Griswold, Chair	Dave Griswold P.O. Box 6321 Spokane, WA 99217	Third Wednesday of the month at 6:30 p.m. Northeast Community Center 4001 N. Cook
LINCOLN HEIGHTS		
Colleen Dennis, Chair 3827 E. 26th Spokane, WA 99223 532-1880	Richard Wall Co-Chair 2221 E. 17th Spokane, WA 99203 536-7980	Third Tuesday of the month at 7 p.m. South Hill Senior Center 3151 E. 27th Ave. Spokane, WA 99223 For more information call: 536-7980
LOGAN		
Donna McKereghan, Chair	Donna McKereghan 709 E. Indiana Spokane, WA 9920 For more information call: 484-9282	Third Tuesday of each month at 6:30 p.m. (Except July and December) Fourth Memorial Church 2000 N. Standard Spokane, WA 99207
MANITO / CANNON	HILL	
Priscilla Wopat, Chair	Priscilla Wopat 2127 S. Madison Spokane, WA 99203 Email: manitocannon @lycos.com	Fourth Thursday of the month at 7 p.m. Wilson Elementary 911 W. 25th For more information call: 747-8415

MORAN PRAIRIE		
Chairperson	Contact Person	Meeting Information
Cherie Moss, Chair	Cherie Moss Moran Prairie Neighborhood Assoc.	September, November, January, March, May at ESD 101 Classroom Bldg.
Cheryl Gwinn, Vice-Chair	P.O. Box 30672 Spokane, WA 99223 448-7206	4202 S. Regal 7 p.m.
NEVADA / LIDGERV	VOOOD	
Deborah Shockley, Chair Joe and Julie Griffin, Vice-Chairs	Nevada/Lidgerwood Neighborhood Council Office 4707 N. Addison Spokane, WA 99207 Call: 489-2099	Meetings at 7 p.m. (Jan, May, Sept, Oct, Nov, Dec) Nevada/Lidgerwood Council Office 4705 N. Addison
NORTH HILL		
Jeff Zabinski, Chair Dean Churchill, Co-Chair	Jeff Zabinski 4112 N. Normandie Spokane, WA 99205 (509) 482-7854	Second Thursday of the month at 7 p.m. Willard Elementary 500 W. Longfellow
NORTH INDIAN TRA	AIL	
Craig Culbertson, Chair Jeff Oas, Co-Chair	Craig Culbertson P.O. Box 1265 - Spokane, WA 99208 Jeff Oas 4701 W. Alpine Drive Spokane, WA 99208	Prince of Peace Lutheran Church 8441 N. Indian Trail (Meetings - 2nd Tuesday of the month) 7 p.m. For more information call: 466-9537
NORTHWEST		
Dick Carson, Chair Victor Frazier, Co-Chair	Dick Carson 3029 W. Hoffman Spokane, WA 99205 327-4579	Third Thursday of the Month at 7 p.m. at Audubon Park United Methodist Church 3908 N. Driscoll Blvd. Spokane, WA 99205 For more information call: 327-6171
PEACEFUL VALLEY		
Candace Keith, Chair Sally Combelic, Alternate 624-5575	Candace Keith 1613 W. Water Spokane WA 99201	Second Saturday of the month at 10 a.m. Peaceful Valley Community Center 214 N. Cedar For more information please call: 838-1189

RIVERSIDE		
Chairperson	Contact Person	Meeting Information
Gene Klozar, Co-Chair Gary Pollard, Co-Chair	Gary Pollard 908 W. 1st Ave., #28 Spokane WA 99201	Time to be announced For more information call: 455-5202
ROCKWOOD		
Pam Behring, Chair John Prosser, Vice-Chair 456-7588	Pam Behring 1112 E. 20th Spokane WA 99203 For more information call: 534-2223	First Thursday of the month at 7:00 pm. Cathedral of St. John the Evangelist Guild Room of Jewett House 127 E. 12th Avenue
THORPE / WESTW	OOD	
	Please contact Neighborhood Services @ 625-6730	Meeting Dates vary - Please contact Neighborhood Services @ 625-6730
WEST HILLS		
Kevin Holland, Chair Lisa Flaherty, Co-Chair 624-2135	Kevin Holland 3417 W. 5th Ave. Spokane, WA 99224 688-6055	1st Wednesday of the Month at Days Inn on the Sunset Hill, 6:30 p.m.
WEST CENTRAL		
Brenda Corbett, Chair Kay Howard, Co-Chair 220-5536	Brenda Corbett 1120 W. Maxwell Spokane, WA 99201 218-4897	Second Wednesday of the month at 6:30 p.m. West Central Community Center 1603 N. Belt
WHITMAN Nancy Cruso	Nancy Cruso	First Manday of the Month of the manth
Nancy Cruse, Chair	Nancy Cruse 5023 N. Martin Spokane, WA 99207 483-3439	First Monday of the Month of the month at 6:30 p.m. Whitman Elementary School 5400 North Helena

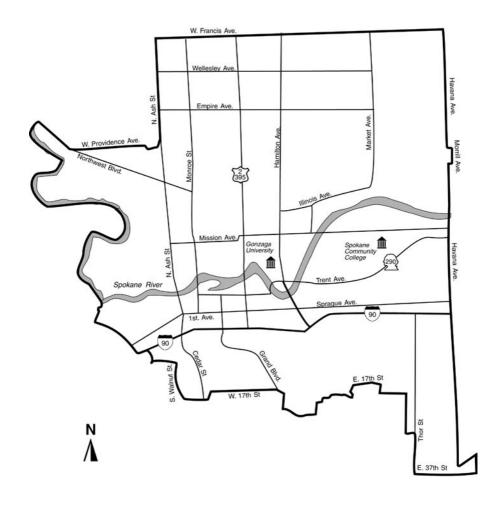
2005 Government Guide **Personal Notes**

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Senator Lisa Brown

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3rd Legislative District



Senator Lisa Brown

P.O. Box 40403 Olympia, WA 98504-0403

307 Legislative Building

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